

Porcupine Sliders

Rating: ★★

Prep time: 30 minutes

Cook time: 1 hour, 20 minutes

Makes: 6 Sliders

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors

Ingredients

- 1/8 cup** Brown rice, long-grain, regular, dry
- 1 teaspoon** canola oil
- 1 1/2 tablespoons** Fresh onion, peeled, diced
- 1/4 cup** Fresh celery, diced
- 1 1/2 teaspoons** Fresh garlic, minced
- 1 pound** Raw ground turkey, lean
- 1 egg**, beaten
- 5 tablespoons** Dried cranberries, chopped
- 3/4 cup** Fresh baby spinach, chopped
- 1 teaspoon** Worcestershire sauce
- 1/2 teaspoon** salt
- 1/2 teaspoon** ground black pepper
- 1 dash** ground white pepper
- 6** Mini whole-wheat rolls (small dinner roll size, 1 oz each)

Directions

1. Preheat oven to 350 °F.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	247	
Total Fat	9 g	
Protein	16 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	2 g	
Sodium	366 mg	

MyPlate Food Groups

Vegetables	1/8 cup
Grains	1 ounce
Protein Foods	1 3/4 ounces

2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Notes

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a

quick menu idea that kids will enjoy!

South Education Center Alternative School

Richfield, Minnesota

School Team Members

School Nutrition Professional: Wanda Nickolai

Chef: Todd Bolton (Parasole Restaurant Holdings, Inc.)

Community Members: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

Students: Adilene D., Chris D., Dominic L., and Dolores P.